

---

---

**MEDICAL FACULTY ASSOCIATES**

---

---

THE GEORGE WASHINGTON UNIVERSITY

## DEPARTMENT OF UROLOGY

**TUNA Instructions**

<b>Your TUNA Medications</b>	<b>Name</b>	<b>What to do</b>
Rectal enema	Fleets, (over the counter)	At home, 2 hours prior to procedure
Antibiotic	Cipro, nitrofurantoin	At home, 12 hours prior to procedure; continue to take as directed
Sedative	midazolam, diazepam	Bring to clinic
Pain medicine	Oxycodone, vicodin, endocet	Bring to clinic
Anti-inflammatory injection	Ketorolac, Toradol	Bring to clinic
Laxative/stool softener	Docusate sodium, Colace (over the counter)	Take ONLY if constipated after procedure.

You **MUST** have someone accompany you after the procedure, this is NOT an option

**DO NOT TAKE ANY ASPIRIN PRODUCTS OR BLOOD THINNING MEDICATION FOR 7 TO 10 DAYS PRIOR TO YOUR PROCEDURE** (Bayer, Ibuprofen, Motrin, Advil, Aleve, Coumadin, Warfarin or Plavix).

**HOME:**

- Enema/antibiotic (see chart)
- Wear comfortable, loose clothing.
- Eat a light diet the day of the procedure. **DO NOT FAST!**
- You may bring something to read, or listen to music.

**IN THE CLINIC:**

- Bring the remaining prescribed medicines with you to the clinic (see chart)
- The procedure may entail a bladder instillation of numbing medicine. You will have a rectal ultrasound to obtain measurements of the prostate. The TUNA procedure is done through the urethra.
- Please allow approximately 3 hour for the completion of the procedure.

---

---

# MEDICAL FACULTY ASSOCIATES

---

---

THE GEORGE WASHINGTON UNIVERSITY

## DEPARTMENT OF UROLOGY

- You will have a catheter in place to drain your bladder while the prostate heals. It will be removed in the clinic approximately 3-5 days later.

### **AFTER THE PROCEDURE:**

- If you are taking any blood thinning medications, such as aspirin or an anti-inflammatory such as IB Profen, you may resume taking them one day after the procedure.
- Take pain medication as needed.
- Keep taking your BPH medicine (Flomax, Uroxatrol) until your doctor tells you to stop. It can take up to 2 months to see improvement afterwards.
- You may have a normal diet, but keep in mind you may become constipated from pain medications such as Vicodin or Percocet. Use a laxative (docusate sodium) **ONLY** if you are unable to have a bowel movement. Eat your vegetables and fiber containing foods. Don't forget to hydrate.
- Follow up appointments are 1-2 weeks afterwards.

### **CATHETER CARE:**

- Showering is okay.
- You may see blood, clots, and/or sediment in the catheter and bag after the procedure for a few days.
- If you have a catheter, you may have to switch to a bigger drainage bag at night. This is done by disconnecting the foley catheter from the bag or the drainage tube. The rubber end of the catheter will have a snug fit around the bag opening.
- Keep the bag below the level of the catheter to ensure adequate drainage. Catheter may be removed 3-7 days later, depending on the procedure and doctor's preference.